For the next 4 weeks please follow this GUARANTEED PROGRAM to make your 40 yard dash faster. PLEASE FOLLOW!

NOTE- uphill runs- 10-20 degree hill only

Downhill runs: make sure the hill is only 10-15 degrees, you need to be able to run full speed without falling down

Week 5

Monday

12- 40 yard dash runs downhill3 minute rest in between reps

Wednesday

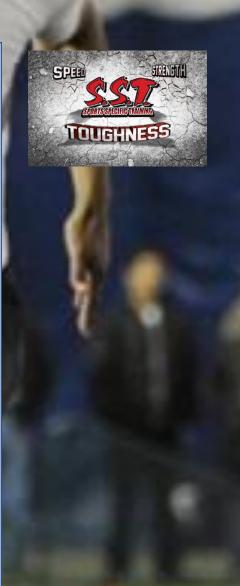
12- 40 yard dash flat surface3 min rest in between reps

Friday

6- 40 yard DOWNHILL

6 – 40 yard dash FLAT

3 min rest in between



Week 6 Monday

6- 40 yard dash downhill 6- 40 yard dash- flat Alternate each one 3 min rest in between

Wednesday

12- 40 yard dash downhill3 min rest in between

Friday

6- 40 yard dash – downhill 6- 40 yard dash- flat

3 min rest in between





Week 7 Monday

6-40 yard dash downhill 6-40 yard dash flat 3 min rest in between

Wednesday

6-40 yard dash downhill 6-40 yard dash flat 3 min rest in between

Friday

10-40 yard dash flat 3 min rest in between



